



What Counts as a Cup in the Dairy Group?

In general, 1 cup of milk, yogurt, or soymilk (soy beverage), 1 ½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the Dairy Group.

The chart lists specific amounts that count as 1 cup in the Dairy Group towards your daily recommended intake:



	Amount That Counts as a Cup in the Dairy Group	Common Portions and Cup Equivalents
Milk (choose fat-free or low-fat milk)	1 cup milk	
	1 half-pint container milk	
	½ cup evaporated milk	
Yogurt (choose fat-free or low-fat yogurt)	1 regular container (8 fluid ounces)	1 small container (6 ounces) = ¾ cup
	1 cup yogurt	1 snack size container (4 ounces) = ½ cup
Cheese (choose reduced-fat or low-fat cheeses)	1 ½ ounces hard cheese (cheddar, mozzarella, Swiss, Parmesan)	1 slice of hard cheese is equivalent to ½ cup milk
	⅓ cup shredded cheese	
	2 ounces processed cheese (American)	1 slice of processed cheese is equivalent to ⅓ cup milk
	½ cup ricotta cheese	
	2 cups cottage cheese	½ cup cottage cheese is equivalent to ¼ cup milk
Milk-based desserts (choose fat-free or low-fat types)	1 cup pudding made with milk	
	1 cup frozen yogurt	
	1 ½ cups ice cream	1 scoop ice cream is equivalent to ⅓ cup milk
Soymilk (soy beverage)	1 cup calcium-fortified soymilk	
	1 half-pint container calcium-fortified soymilk	

Key Consumer Message *Switch to fat-free or low-fat (1%) milk.*